

Keep your body running like a well-oiled machine

Whether your body is more like a sports car or a classic, you want to keep it in fine working condition. So rev up and take charge of your health journey now!

Guys, when it comes to fine-tuning your health, put yourself in the driver's seat. Eat right, stay active and get regular checkups, screenings and shots to make sure you stay running as smooth as your wheels.

Eating the right foods for your body can help you keep health issues under control. Here are some easy-to-follow heart-health tips:

- Add more omega-3 fatty acids, which are essential fatty acids your body needs to work normally. Include them easily by consuming foods like fish, almonds and flax seeds.
- Limit your sugar intake and cut out processed foods and soft drinks.
- Eat at least 2 cups of fruit and 3 cups of vegetables daily.
- Stay active for better overall health.

Get your tune up

Tune ups are essential to your car, and checkups are essential for you. As you get older, your risk to develop diabetes, testicular or prostate cancer and heart issues increases. By taking control of your well-being you can lower those chances. Here are a few things you can do to prevent health issues:

- Schedule preventive checkups.
- Know your family history.
- Get regular cancer screenings.
- Don't smoke.
- Maintain a healthy weight.
- Exercise regularly - aim for 30 minutes, five days a week.

Visit bcbsga.com/shbp for more ways to get healthy - and stay healthy.